

I chose McDonald's as my restaurant. My main item is a Double Cheeseburger. My other items are Medium French Fries, McFlurry with M&M's, and a Medium Coca-Cola.

The total number of calories for the whole meal is 1650. The total percentage of fat is 25.35%. The McFlurry had the most calories with 620 calories.

I compared with a person who had Runza. His total number of calories for the meal was 1986. The total percentage of fat is 28.65%. The item that had the most calories was the Oreo Shake 654.

My meal is under the recommended percentage of fat. It is lacking in fruit and vegetables. If I could change my meal, I would put more fruits and vegetables.

